

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

FEBRUARY 2023

Fulton County Senior Center

240 Clinton St., Wauseon, Ohio 43567

Phone: 419-337-9299 • Fax: 419-337-9289 • Hours: 8am-4pm

B-33

SENIOR NEWS

UPCOMING EVENTS

Feb 1 & 15 – Faith Topics with Sandy

Feb 8 & 22 – Bible Study with Roger

Feb 15 – Card Making with Deb B. (Sign Up)

Feb 16 – Painting with Peggy N. (Sign Up)

Feb 20 – (ALL SITES) Closed for Presidents' Day

Feb 23 – Free Program, Health Advance Directives with Legal Aid

SENIOR SPOTLIGHT



It was February of 1967 when LeRoy Pfaff proposed marriage to Babs, and she accepted. The Pfaffs of Delta have LeRoy's sister to thank for playing cupid and arranging a blind date 57 years ago. "LeRoy and I were both rather bashful at the time, and she decided to set us up," Babs explained. "We went bowling on our first date, and Babs beat me really bad at bowling!" LeRoy added. They will celebrate 56 years of marriage in October.

Travel has been a lifelong love of this couple. They spent many weekends camping when their three children were growing up. "We belonged to the Coachman Camping Club of Pettisville. Our camper was our home away from home," Babs said. They no longer camp, but still enjoy travelling together. "One of my favorite trips after retirement was to New Mexico to the hot air balloon festival," Babs added.

Most weeks, they travel the short distance to the Delta Senior Center. If you haven't visited the Senior Center, the Pfaffs say there are many benefits. "We have a lot of fun. There is so much to do, and the fellowship with the other seniors is awesome. I love the day trips, and the meals are delicious," Babs said. LeRoy agreed. "It's a good place to go and fellowship, and it's a fun place to play games with other people," LeRoy added.

The Pfaffs have shared their love of card games with their three children, seven grandchildren and five great-grandchildren. "We love playing cards so much that we brought Canasta to the Delta Senior Center, then to the Swanton Senior Center, too. We all played it as teenagers; so we just re-introduced it. We like to play Pepper, Euchre and other card games, too," Babs explained.

When not socializing at the Delta Senior Center, Babs and LeRoy love to cheer on the Ohio State Buckeyes, scout for treasures at flea markets and antique stores, care for their farm (LeRoy) and document life by snapping a lot of photos (Babs).



FREE LEGAL CLASSES OFFERED

Plan to attend this free Legal Information Class on Thursday, February 23 at 1 pm in the BINGO room at Fulton County Senior Center, 240 Clinton Street, Wauseon. The class is the first in a series of three classes offered by Legal Aid of Western Ohio, Inc. You do not need to attend all three classes. You can pick and choose.

The February 23 class is on Health Advance Directives. Learn how you can let someone else make health care decisions when you cannot. This includes a clinic on Living Will and Health Care Power of Attorney Preparation. Call 419-337-9299 to register before February 8.

Thursday, March 30 at 1 pm in the BINGO room at Fulton County Senior Center, 240 Clinton Street, Wauseon, attend Financial POAs Power of Attorneys and More Class: learn how you can let someone else make financial decisions when you cannot. Call 419-337-9299 to register for this Financial POA class before March 15.

On Thursday, April 20 at 1 pm in the BINGO room at Fulton County Senior Center, 240 Clinton Street, Wauseon, register to attend Wills and Estates Class: learn ways you can transfer your property when you die. Document preparation of Last Will & Testament. Call 419-337-9299 to register for the Wills & Estates class before April 5.

All services are free to eligible applicants and offered by Legal Aid of Western Ohio, Inc.

TOENAIL APPOINTMENTS

Community Health Professionals will provide toenail clinic appointments at three of our Fulton County Senior Center sites in 2023. Toenail appointments will be offered at Archbold Senior Center, inside the Scout Cabin on Tuesday, February 21. Appointments at Fayette Senior Center are available on Monday, February 27. The Wauseon site at 240 Clinton Street is taking appointments for a toenail clinic on Wednesday, March 22.

Call 419-337-9299 to reserve your spot for any of these dates. A \$15 donation per person will be accepted at each clinic. Please soak your feet for 30 minutes before coming to the clinic so your nails will be softer and easier to work with. If you are diabetic, please indicate that when you sign up for your appointment.

OPEN ENROLLMENT SUMMARY

Information, Referral and Insurance Specialist Val Edwards had 364 contacts with seniors during 2022 Medicare Open Enrollment, both by phone and in person. The total savings for seniors was \$96,984.

WHERE'S VAL IN 2023?

Val Edwards, Information & Referral Specialist, will take appointments at the following locations. Get help understanding Medicare and Social Security issues, insurance, bills, completing applications, and more. Please make an appointment well in advance with Val for any of these dates by calling 419-337-9299. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries.

Wednesday, February 8, from 10:00 am to noon at the Delta Library.
Thursday, February 16, from 10:00 am to noon at the Swanton Library.
Thursday, February 23, from 10:00 am to noon at Wyse Commons on the Fairlawn campus.

Val has some appointments available to meet with seniors at the Fulton County Senior Center, 240 Clinton Street, Wauseon.

SENIOR CENTER HAM LOAF RECIPE

1 ½ LB GROUND HAM	1 LB GROUND BEEF	½ LB GROUND PORK
3 EGGS	½ CUP MILK	2 CUPS CRUSHED SALTINE CRACKERS

1. In a large bowl combine all ingredients. Mix well and form into a loaf. Place loaf into a lightly greased 9x13 baking dish.
2. Bake at 350 degrees F for 90 minutes or until a thermometer inserted into the thickest part reads 165° F.
3. While the loaf is baking, make a glaze of 1 cup catsup, ¼ cup plus 1 TBS brown sugar and 1 TBS mustard.
4. Mix well and spread over the loaf for the last 15 minutes of baking.
5. Let the loaf rest for 10 minutes before cutting and serving.

NUTRITION EDUCATION

Putting MyPlate On Your Table: Dairy

MyPlate, the U.S. Department of Agriculture (USDA) food guidance system, helps individuals use the 2010 Dietary Guidelines for Americans to make smart choices from every food group. MyPlate includes an interactive, online guide that provides individuals with recommended food amounts to eat, based on gender, age and physical activity level. Personalized guides and other resources can be found at choosemyplate.gov.

Here is an introduction to the dairy food group.

Choose Fat-Free or Low-Fat Dairy Sources.

Many cheeses, whole milk and some dairy-based desserts are high in saturated fat. To help maintain a healthy body weight and keep blood cholesterol levels healthy, these foods should be limited.

How Much Is Needed From the Dairy Group?

The USDA's daily recommendation for dairy intake for women and men over age 50 is 3 cups per day.

Note these equivalents for 1 cup of dairy:

- 1 cup milk
- ½ cup evaporated milk
- 1 cup yogurt
- 1½ ounces hard cheese
(cheddar, mozzarella, Swiss, Parmesan)
- 1/3 cup shredded cheese
- ½ cup ricotta cheese
- 2 cups cottage cheese
- 1 cup frozen yogurt
- 1 cup calcium-fortified soy milk
- 1 cup pudding made with milk
- ¼ cup dry milk powder

Tips for Getting Dairy Foods on Your Table

- Start your day with a yogurt fruit smoothie.
- Add fat-free or low-fat milk instead of water to oatmeal.
- Include milk as a beverage at meals.
- Have fat-free or low-fat yogurt as a snack.
- Use fat-free or low-fat milk when making cream soups.
- Top casseroles, soups, stews or vegetables with shredded, reduced-fat or low-fat cheese.
- Top a baked potato with fat-free or low-fat yogurt.
- Use dry milk in place of fluid milk in soups, stews or casseroles.
- Make pudding with fat-free or low-fat milk, and have it as a dessert or snack.

References

Original Authors: Linnette Goard, M.S., Cindy Oliveri, M.S. ... Revised by Susan Zies, M.Ed., Extension Educator, Family and Consumer Sciences, Ohio State University Extension ... USDA. "MyPlate." (2010). Accessed October 2014. choosemyplate.gov. ... USDA and U.S. Department of Health and Human Services. Dietary Guidelines for Americans. 7th ed. Washington, DC: U.S. Government Printing Office, 2010.

TAX HELP IS BACK

Northwest Ohio Community Action Commission (NOCAC) assists seniors with tax preparation.

NOCAC is an Internal Revenue Service (IRS) Volunteer Income Tax Assistance (VITA) partner. The VITA program allows NOCAC to provide free preparation services for federal, state, and school districts taxes. Consumers will be responsible for filing their city taxes as in previous years. By appointment only. Tax clinics will be held at Crossroads Church, Wauseon and the Delta Library.

If you are interested in making an appointment, call the designated tax line (419) 990-5134. Or, you may send an email to taxes@nocac.org.

WINTER WEATHER ALERTS

Have you taken action and stocked up on a few shelf-stable meals in your kitchen in the unlikely event that bad weather closes our Senior Center kitchen? In addition, we thank you in advance for providing a safe way to bring your meal to your door. Your meal delivery driver appreciates it when you make their safety a priority and arrange to keep your driveway and sidewalks clear of snow and ice. If bad weather cancels Senior Center events, you can expect to receive a phone call from our automated phone system. One Call Now will provide you with instructions in the event of a Level 2 or Level 3 snow emergency. Level 2 or 3 will cancel meals and all programs and activities.

HEATING BILL HELP

Winter weather and cold temps are here. Northwestern Ohio Community Action Commission continues to offer help with heating costs.

Winter Crisis Program provides a benefit once per heating season to an income-eligible customer's main and/or electric accounts. The benefit can be used by eligible households that are disconnected (or have a pending disconnection notice), need to establish new service, possible furnace repair up to \$500 or have 25 percent (or less) of bulk fuel supply remaining. Households must be at or below 175% of the Federal Poverty Guidelines. Certain documentation is required. The program runs until March 31, 2023. Please call the appointment hotline number 1-419-219-4641 to schedule an appointment. For additional questions, call 419-337-8601. You will need social security number and utility account information when scheduling an appointment.

DID YOU KNOW? 125,217 meals were served by the Fulton County Senior Center in 2022.

LUNCH CALENDAR

FEBRUARY, 2023

Whole grain bread or an alternate and 2% milk are offered with each meal. Lunch reservations are required at least 24 business hours in advance. **Menu is subject to change.**
The Fulton County Meal Program is financed with meal donations, local levy funds, and AOoA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

SUGGESTED DONATION: \$3.00. LUNCH SERVED AT NOON.

Checks Payable to: Fulton County Senior Center

LS Alt = Lower Sodium Alternative (**Items must be ordered at least one week in advance**)

LF Alt = Low Fat Alternate (**Items must be ordered at least one week in advance**)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Country Fried Steak w/Country Gravy Mashed Potatoes Peas Apricots 1	Hot Chicken Sandwich Roasted Potatoes Succotash Mandarin Oranges 2	Beef Stroganoff Egg Noodles Brussels Sprouts Applesauce Juice 3
Beef & Barley Soup Ham & Cheese on Rye Corn Salad Ambrosia 6	BBQ Rib Sandwich Ranch Style Beans Cole Slaw Fruit Crunch 7	Goulash Steamed Broccoli Wax Beans Pears 8	Pot Roast Boiled Potatoes Carrots Pineapple 9	Italian Sausage w/Peppers & Onions (LS Alt=Turkey Franks) Rosemary Potatoes Winter Blend Vegetables Bananas 10
Baked Chicken Mashed Potatoes Buttered Beets Peaches 13	Pub Burgers Potato Wedges Mixed Vegetables Tangerines Iced Cake 14	Swiss Steak Mashed Potatoes Peas w/Mushroom Dark Sweet Cherries 15	Roast Turkey Savory Bread Dressing Roasted Vegetables Cranberry Relish Juice 16	Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Cooked Cabbage Grapes 17
CLOSED FOR PRESIDENTS' DAY 20	Chicken & Noodles Mashed Potatoes Green Beans Mixed Fruit 21	Tomato Basil Soup (LS Alt= LS Tomato Soup) Egg Salad Sandwich Garden Salad Broccoli Salad 22	Pasta w/Meat Sauce Steamed Broccoli Cream Style Corn Five Cup Salad Cookies 23	Fish Sandwich Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice 24
Steamed Franks (LS Alt=Chicken Breast) Baked Beans Corn Nuggets Tropical Fruit Muffins 27	Cheese Burger Soup Chicken Salad Sandwich Pickled Beets Fruit Salad 28			

WAUSEON ACTIVITIES

FULTON COUNTY SENIOR CENTER
240 CLINTON ST. | WAUSEON, OH 43567 | 419.337.9299

FEBRUARY, 2023

SENIOR

B-33

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NO FEBRUARY EVENING PICKLEBALL	1 8 to 10:30 Silver Pickleball 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Word Search 12:00 Lunch 1:00 Faith Topic with Sandy 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball	2 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball	3 8 to 10:00 Gold Pickleball 10:30 Golden Drummers 11:15 Site Council 12:00 Lunch & Birthday Party 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball
6 8 to 9:30 Gold Pickleball 9:30 to 11:00 Silver Pickleball 11:00 Hidden Pictures 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball	7 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 "Range of Motion" with Rehab 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball	8 8 to 10:30 Silver Pickleball 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Word Game/ Word Search 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 1:00 Bible Study with Roger (Dining Rm) 2:05 to 3:30 Bronze Pickleball	9 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10 to 2 Health Screenings with FCHC 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball	10 8 to 10:00 Silver Pickleball 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball
13 8 to 9:30 Gold Pickleball 9:30 to 11:00 Silver Pickleball 10:30 Free Hearing Aid Cleaning 11:00 Hidden Pictures 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball	14 Wear Red & Pink 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Vintage Calling Cards w/ John Myles 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball	15 8 to 10:30 Silver Pickleball 10:30 Make Cards with Deb (Sign Up) 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Faith Topic with Sandy 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball	16 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Simple Acrylic Painting w/ Peggy 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball	17 8 to 10:00 Gold Pickleball 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball
20 CLOSED FOR PRESIDENTS' DAY	21 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 I Spy On Paper/ Word Search 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball	22 8 to 10:30 Silver Pickleball 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Music by Peter V & Friends 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 1:00 Bible Study with Roger (Dining Rm) 2:05 to 3:30 Bronze Pickleball	23 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Health Advance Directives w/ Legal Aid (BINGO Rm) 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball	24 8 to 10:00 Silver Pickleball 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball
27 8 to 9:30 Gold Pickleball 9:30 to 11:00 Silver Pickleball 11:00 Hidden Pictures 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball	28 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Music by Just Us 2 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball			

**DELTA-101 NORTHWOOD DR.
UNITED METHODIST CHURCH
TUES. & THURS.**

DELTA / SWANTON ACTIVITIES

**SWANTON
620 DODGE ST.
MON., WED., & FRI**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Word Search 1 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Puzzles	Wear Black & White for Groundhog Day 2 9:00 Games 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Word Search	9:00 Coffee & Conversation 3 10:00 Chair Exercises (Senior Led) 10:00 Help Me Hear Better & Free Hearing Screenings (Note Time) 12:00 Lunch 1:00 Box of Brain Games
9:00 Chit Chat 6 10:00 Chair Exercises (Senior Led) 11:00 I Spy Paper Games 12:00 Lunch 1:00 Cards & Games	9:00 Word Search 7 11:00 Music by Just Us 2 (Marc & Ellen Pember) 12:00 Lunch 1:00 Puzzles	Wear Your Favorite Team Logo or Team Colors 8 9:00 Games 10:15 to 11:45 Super Bowl BINGO 12:00 Lunch 1:00 Word Search	Wear Your Favorite Team Logo or Team Colors 9 9:00 Coffee & Conversation 10:15 to 11:45 Super Bowl BINGO with Delta Students 12:00 Lunch 1:00 Box of Brain Games	9:00 Chit Chat 10 10:00 Chair Exercises (Senior Led) 11:00 "Range of Motion" with Rehab Hospital of NOW 12:00 Lunch 1:00 Cards
Wear Red Or Pink 13 9:00 Word Search 10:00 Chair Exercises (Senior Led) 10:30 Free Blood Pressure Checks 11:00 Historical Presenter, "Rosa Parks" by Debbie Carlisle 12:00 Lunch 1:00 Puzzles	Happy Valentine's Day! Wear Red Or Pink 14 9:00 Games 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Word Search	"RED OUT" Wear Red Today 15 9:00 Coffee & Conversation 10:15 to 11:45 "Red Out," Wear Red to BINGO 12:00 Lunch 1:00 Box of Brain Games	"RED OUT" Wear Red Today 16 9:00 Chit Chat 10:15 to 11:45 "Red Out," Wear Red to BINGO 12:00 Lunch 1:00 Cards	9:00 Puzzles 17 10:00 Chair Exercises (Senior Led) 11:00 Music by Just Us 2, Marc & Ellen Pember, Rockabilly Music 12:00 Lunch 1:00 Games
CLOSED FOR PRESIDENTS' DAY 20	9:00 Coffee & Conversation 21 10:00 Canasta Craze (Note Time) 12:00 Lunch 1:00 Box of Brain Games	Beat the Winter Blues; Wear Bright Colors 22 9:00 Chit Chat 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	Beat the Winter Blues; Wear Bright Colors 23 9:00 Puzzles 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	9:00 Games 24 10:00 Chair Exercises (Senior Led) 10:20 Games with Swanton Students (Note Time) 12:00 Lunch 1:00 Puzzles
9:00 Coffee & Conversation 27 10:00 Chair Exercises (Senior Led) 11:00 Game Day 12:00 Lunch 1:00 Box of Brain Games	9:00 Chit Chat 28 10:00 Help Me Hear Better & Free Hearing Screenings (Note Time) 12:00 Lunch 1:00 Cards			

ARCHBOLD - SCOUT CABIN
INSIDE RUIHLEY PARK, W. WILLIAMS ST.
TUES. & FRI.

ARCHBOLD / FAYETTE

ACTIVITIES

FAYETTE - FAMILY LIFE CENTER
306 E. MAIN STREET
MON., WED., & THURS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10:00 Chair Yoga 10:45 Site Council 11:00 Music by Will Hinton 12:00 Lunch 1:00 Puzzles	9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games	9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Puzzles
9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 Hidden Pictures 12:00 Lunch 1:00 Skip Bo	9:00 Pepper 10:45 Site Council 11:00 Music by Will Hinton 12:00 Lunch 1:00 Cards	9:00 Chit Chat 10:00 Chair Yoga 11:00 Nature Program, Amanda Podach 12:00 Lunch 1:00 Box of Brain Games	Wear Red Or Pink 9:00 Pepper 10:15 to 11:45 Valentine BINGO 12:00 Lunch 1:00 Puzzles	Wear Red Or Pink 9:00 Pepper 10:15 to 11:45 Valentine BINGO 12:00 Lunch 1:00 Games
9:00 Skip Bo 10:00 Chair Yoga 11:00 Hidden Pictures 12:00 Lunch 1:00 Cards	9:00 Chit Chat 11:00 Local Historical Stories by Colleen Rufenacht of Bean Creek Valley History Center 12:00 Lunch 1:00 Box of Brain Games	9:15 Chair Yoga (Note New Time) 10:00 Help Me Hear Better & Free Hearing Screenings (Note Time) 12:00 Lunch 1:00 Games	Wear Senior Center Hat/ Shirt 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search	Wear Senior Center Hat/ Shirt 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards
CLOSED FOR PRESIDENTS' DAY	9:00 Coffee & Conversation 9:30 Toenail Clinic (By Appt.) 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Puzzles	9:00 Games 10:00 Chair Yoga 11:00 Vintage Friendship Calling Cards with John Myles 12:00 Lunch 1:00 Word Search	Wear Neon or Bright Colors 9:00 Pepper 10:15 to 11:45 Beat The Winter Blues BINGO 12:00 Lunch 1:00 Cards	Wear Neon or Bright Colors 9:00 Pepper 10:15 to 11:45 Beat The Winter Blues BINGO 12:00 Lunch 1:00 Puzzles
9:00 Coffee & Conversation 10:00 Chair Yoga 10:30 Toenail Clinic (By Appt.) 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards	9:00 Word Search 11:00 ZINGO 12:00 Lunch 1:00 Games			



Forwarding and return postage guaranteed

Address service requested

Postmaster: Send address changes to:

Fulton County Senior Center

240 Clinton Street

Wauseon, OH 43567-1109



If you or a family member would like to receive this newsletter by e-mail, please contact us at kschroeder@fultoncountyoh.com.

DATED MATERIAL - DELIVER BEFORE FEBRUARY 1, 2023

FULTON COUNTY SENIOR CENTER STAFF

Director	Sheri Rychener
Receptionist	Karen Schroeder
Information & Referral Specialist	Valerie Edwards
Administrative Assistant	Chris Sager
Vehicle Maintenance Supervisor	Wes Green
Assessment/Data Entry Manager	Laura Ankney
Head Cook/Kitchen Manager	Kyle Wilcoxon
Assistant Cook	Deb Villalovos
Food Program Manager	Kim Machinski
Kitchen Aides	Sherry Bittinger, Maryann Griffin, Candace Gonzales
Activity Coordinator	Vicki Hoylman
Activity Support Staff	Beth Ricker-Flory
Volunteer Coordinator	Brooke Bosco
Site Manager, Archbold/Fayette	Dorothy Bock
Site Aide, Archbold/Fayette	Donna Loar
Site Manager, Delta/Swanton	Jeanne Ortiz
Site Aide, Delta/Swanton	Claudia Overmyer
Custodian	Danni Smith, Jeffrey Waidelich
Meal Delivery	Meredith Grime, Juan Avina, Jeffrey Waidelich, Aimee Roth, Sherilyn Meiring
Substitutes	Michael Pollick, Jim Lugbill, Brenda Hauck, James Mapes, Angela Johnston, Andrea Coburn
	Judy Thourot, James Baldwin, Robert Shaw, Vicki Kline, Butch Kline, Dennis Peabody, Tim Gorsuch, Jack Myers
	Sharon McCabe, Karen James, Anita Ehrsam, Becky Peabody, Michael Mangas, JB Stevens, Steve Jackson,
	Aria Frey, Tiffany Emery, Michael Grauman, Sam Sanderson, Jeanette Gorsuch, Kim Lerma

The Fulton County Senior Center is a program of the Fulton County Commissioners, funded through levy money, donations, and under a grant, administered by the Ohio Department of Aging and the Area Office on Aging.

Please direct all calls/inquiries to our main number at 419-337-9299.

Wauseon Site	M – F	8:00 am – 4:00 pm
Archbold Site	T and F	9:00 am – 2:00 pm
Delta Site	T and Th	9:00 am – 2:00 pm
Fayette Site	M, W, Th	9:00 am – 2:00 pm
Swanton Site	M, W, F	9:00 am – 2:00 pm